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ABSTRACT

An 84-item multiple choice Youth Risk Behavior Survey was administered to 2,092 students in 62 public high schools in New Hampshire during the spring of 1995. The survey covered behaviors in six categories: (1) behaviors that result in unintentional or intentional injuries; (2) tobacco use; (3) alcohol and other drug use; (4) sexual behaviors that result in sexually transmitted diseases and unwanted pregnancies; (5) dietary behaviors; and (6) physical activity and exercise. The survey found, among other things, that: 23.8 percent of the students never or rarely wore a seat belt when riding in a car; 5.3 percent had carried a gun on one or more of the past 30 days; 26 percent had seriously considered attempting suicide during the past 12 months; 36 percent has smoked cigarettes on one or more of the past 30 days; 53 percent had at least one drink of alcohol on one or more of the past 30 days; 27.7 percent had used marijuana on one or more of the past 30 days; 46.4 percent stated that they had had sexual intercourse; and 66.1 percent exercised or participated in sports on a regular basis. (MDM)

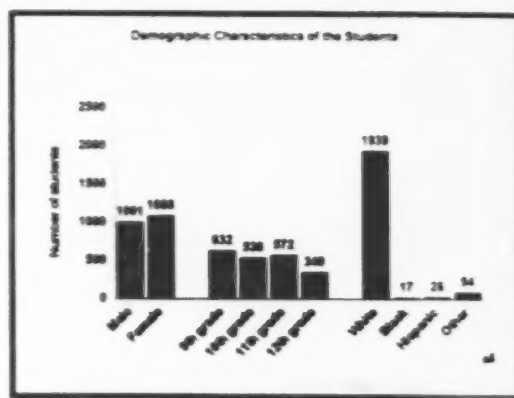
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1995 New Hampshire State Department of Education Youth Risk Behavior Survey Results

Executive Summary

The 84-item multiple choice Youth Risk Behavior Survey (YRBS) was administered to 2,092 students in 62 public high schools in New Hampshire during the spring of 1995. The school response rate was 76%, and the student response rate was 86%. Survey administration procedures were designed to help protect the privacy and confidentiality of all participating students. Student participation was voluntary.

The students who participated in the survey are representative of students in New Hampshire. The results can be used to make important inferences concerning the health-risk behaviors of all New Hampshire public high school students in grades 9 through 12.



The YRBS was developed by the Division of Adolescent and School Health, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention in collaboration with representatives from 71 state and local departments of education and 19 other federal agencies, to monitor priority health-risk behaviors that contribute to the leading causes of mortality, morbidity, and social problems among youth and adults in the United States. These behaviors fall into six categories:

- Behaviors that result in unintentional and intentional injuries
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended pregnancies
- Dietary behaviors
- Physical activity

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1995 YOUTH RISK BEHAVIOR SURVEY RESULTS

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STUDENTS SURVEYED		GRADE		RACE/ETHNICITY	
MALES	N = 1,001	9th	N = 632	White	N = 1,939
FEMALES	N = 1,088	10th	N = 538	Black	N = 17
MISSING	N = 3	11th	N = 572	Hispanic	N = 26
		12th	N = 349	Other	N = 94
		OTHER/ MISSING	N = 1	Missing	N = 16
TOTAL	2,092	TOTAL	2,092	TOTAL	2,092

RISK TAKING AND SAFETY

23.8% of the students never or rarely wore a seat belt when riding in a car driven by someone else.

29.5% of the students rode a motorcycle one or more times during the past 12 months.

27.4% of the students who rode a motorcycle during the past 12 months never or rarely wore a motorcycle helmet.

83.7% of the students rode a bicycle one or more times during the past 12 months.

83.6% of the students who rode a bicycle during the past 12 months never or rarely wore a bicycle helmet.

31.5% of the students, in the past 30 days, rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.

14.9% of the students, in the past 30 days, drove a car or other vehicle one or more times when they had been drinking alcohol.

18.3% of the students have carried a weapon such as a gun, knife, or club on one or more of the past 30 days.

5.3% of the students carried a gun on one or more of the past 30 days.

9.4% of the students have carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days.

2.7% of the students did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school.

6.0% of the students have been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.

31.9% of the students had property stolen or deliberately damaged on school property one or more times during the past 12 months.

34.4% males; 29.3% females

PERSONAL VIOLENCE

31.8% of the students were in a physical fight one or more times during the past 12 months.

40.2% males; 23.4% females

23.3% of the students fought with a friend or someone they knew the last time they were in a physical fight.

32.6% males; 14.0% females

3.3% of the students were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months.

5.1% males; 1.4% females

13.9% of the students were in a physical fight on school property one or more times during the past 12 months.

19.7% males; 8.1% females

SUICIDE

26.0% of the students seriously considered attempting suicide during the past 12 months.

21.1% males; 31.0% females

20.1% of the students made a plan about how they would attempt suicide during the past 12 months.

15.4% males; 25.0% females

8.6% of the students actually attempted suicide one or more times during the past 12 months.

5.8% males; 11.4% females

2.8% of the students who attempted suicide resulting in an injury, poisoning, or overdose had to be treated by a doctor or nurse during the past 12 months.

2.4% males; 3.1% females

SUBSTANCE ABUSE

Cigarette Smoking and Tobacco Products

68.7% of the students ever tried cigarette smoking, even one or two puffs.

69.0% males; 68.4% females

23.7% of the students smoked a whole cigarette for the first time prior to age 13.

36.0% of the students smoked cigarettes on one or more of the past 30 days.

32.0% males; 39.9% females

26.0% of the students who smoked cigarettes had 2 or more cigarettes per day on the days they smoked.
23.5% males; 28.8% females

20.0% of the students who smoked cigarettes usually got their own cigarettes by buying them in a store or gas station during the past 30 days.

19.4% of the students who smoked cigarettes were not asked to show proof of age when they brought cigarettes in a store during the past 30 days.

17.6% of the students smoked cigarettes on school property on one or more of the past 30 days.
17.7% males; 17.6% females

32.0% of the students tried to quit smoking cigarettes.

10.4% of the students used chewing tobacco or snuff on one or more of the past 30 days.
17.6% males; 3.0% females

4.7% of the students used chewing tobacco or snuff on school property on one or more of the past 30 days.

Alcohol Abuse

26.9% of the students had their first drink of alcohol other than a few sips prior to age 13.
30.0% males; 23.8% females

77.8% of the students had at least one drink of alcohol on one or more days during their life.
77.1% males; 78.5% females

53.1% of the students had at least one drink of alcohol on one or more of the past 30 days.
55.1% males; 51.1% females

32.9% of the students had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.
37.6% males; 28.1% females

4.4% of the students had at least one drink of alcohol on school property on one or more of the past 30 days.
5.9% males; 2.8% females

Drug Abuse

6.2% of the students tried marijuana for the first time prior to age 13.

43.2% of the students used marijuana one or more times during their life.
45.3% males; 41.1% females

27.7% of the students used marijuana one or more times during the past 30 days.

7.4% of the students used marijuana on school property one or more times during the past 30 days.
9.1% males; 5.7% females

0.5% of the students tried any form of cocaine, including powder, crack, or freebase, for the first time prior to age 13.

5.5% of the students used any form of cocaine, including powder, crack, or freebase, one or more times during their life.

7.3% males; 3.7% females

1.9% of the students used any form of cocaine including powder, crack, or freebase, one or more times during the past 30 days.

3.3% of the students used the crack or freebase forms of cocaine one or more times during their life.

25.9% of the students sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paint or spray to get high during their life.

28.2% males; 23.5% females

20.8% of the students used any other type of illegal drug, such as LSD, PCP, ecstasy, mushrooms, speed, ice, heroin, or pills, without a doctor's prescription one or more times during their life.

22.4% males; 19.2% females

3.4% of the students took steroid pills or shots without a doctor's prescription one or more times during their life.

1.6% of the students injected (shot up) any illegal drug during their life.

2.5% males; 0.7% females

32.0% of the students have had someone offer, sell, or give them an illegal drug on school property during the past 12 months.

HIV EDUCATION

92.3% of the students were taught about HIV/AIDS infection in school.

92.6% males; 92.0% females

Grade	9th	86.9%
	10th	92.2%
	11th	95.0%
	12th	96.8%

67.4% of the students talked about HIV/AIDS infection with their parents or other adults in their family.

62.2% males; 72.6% females

SEXUAL ACTIVITY OF RESPONDENTS

46.4% of the students stated they have had sexual intercourse.

45.7% males; 47.1% females

Grade	9th	26.5%
	10th	41.8%
	11th	52.4%
	12th	71.4%

5.4% of the students had sexual intercourse for the first time prior to age 13.

6.4% males; 4.4% females

13.3% of the students had sexual intercourse with 4 or more people during their life.

13.8% males; 12.8% females

33.8% of the students had sexual intercourse during the past 3 months.

30.4% males; 37.2% females

11.6% of the students drank alcohol or used drugs before last sexual intercourse.

12.5% males; 10.7% females

51.5% of the students who had sexual intercourse during the past 3 months used, or their partner used, a condom during last sexual intercourse.

58.8% males; 45.6% females

29.6% of the students who had sexual intercourse during the past 3 months used, or their partner used, birth control pills to prevent pregnancy during last sexual intercourse.

22.3% males; 35.6% females

4.7% of the students had been pregnant or gotten someone pregnant one or more times.

3.6% males; 5.9% females

NUTRITION

31.0% of the students described themselves as slightly overweight.

24.1% males; 38.1% females

44.6% of the students were trying to lose weight.

23.1% males; 66.4% females

31.3% of the students dieted to try to lose weight or keep from gaining weight during the past 30 days.

13.9% males; 48.8% females

55.7% of the students exercised to lose weight or keep from gaining weight during the past 30 days.

39.0% males; 72.5% females

4.5% of the students made themselves vomit or took laxatives to lose weight or keep from gaining weight during the past 30 days.

1.1% males; 8.0% females

4.6% of the students took diet pills to lose weight or keep from gaining weight during the past 30 days.

0.5% males; 8.8% females

70.6% of the students ate fruit one or more times yesterday.

75.7% of the students drank fruit juice one or more times yesterday.

36.2% of the students ate green salad one or more times yesterday.

57.1% of the students ate cooked vegetables one or more times yesterday.

34.3% of the students ate hamburger, hot dogs, or sausage one or more times yesterday.

49.3% of the students ate french fries or potato chips one or more times yesterday.

63.4% of the students ate cookies, doughnuts, pie, or cake one or more times yesterday.

EXERCISE

66.1% of the students exercised or participated in sports activities for at least 20 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.

50.2% of the students did stretching exercises on 3 or more of the past 7 days.

48.7% of the students did exercises to strengthen or tone their muscles on 3 or more of the past 7 days.

38.0% of the students walked or bicycled for at least 30 minutes at a time on 3 or more of the past 7 days.

44.7% of the students went to physical education (PE) class one or more days in an average school week.

39.9% of the students exercised or played sports for more than 20 minutes during an average physical education (PE) class.

50.6% of the students played on one or more sports teams run by their school during the past 12 months.

40.2% of the students played on one or more sports teams run by organizations outside their school during the past 12 months.

END